

**on 13 May 2013**

**Unimas 'Let's Move, Shake' walk gets good response**



GET SET, GO!: Mohd Fadzil (right) honking the participants off.

KUCHING: A total of 150 students and 20 staff of Universiti Malaysia Sarawak (Unimas) participated in a fun walk called 'Let's Move and Shake' organised by its Department of Social Sciences and Communication Studies third year students.

Participants had to wake up early for the event that started at 6.54am which involved a 4.5km walk around Allamanda and Bunga Raya Colleges before returning to the finishing line at the Student Affairs Building.

The walk is aimed to create an awareness to fight obesity among Malaysians especially the youths.

The event was flagged off by the university's deputy vice-chancellor (alumni and students affairs) Prof Mohd Fadzil Abdul Rahman.

"I truly support this healthy campaign as it can really educate and open the minds of Malaysians out there especially the youths to acknowledge how dangerous obesity is and to fight against it," said Mohd Fadzil during his speech after the fun walk ended at 9am.

He also mentioned that Malaysia is ranked number six to have the highest obesity number and therefore, he urged the Unimas students to have healthy diets and exercise more.

"Fast food is one of the main factors why Malaysia has a high ranking obesity number," he explained.

Meanwhile, according to the fun walk organiser, Sim Wei Li, obesity could trigger non-contagious diseases such as diabetes, heart disease and also cancer.

"We need to combat obesity. This is why the fun walk is being held," Sim who is also a third-year communication student said.

Besides the fun walk, the students also organised a lucky draw for the participants and the 'Let's Move and Shake' event ended at 10am.

Source: The Borneo Post